

## Work-Life Resources

### CG SUPRT PROGRAM

Free professional counseling, health coaching, education, and referral services for many issues such as relationship problems, depression, legal and financial challenges, health improvement, and balancing work and life demands. Call 24/7.

**855-CG SUPRT (247-8778)**  
[www.CGSUPRT.com](http://www.CGSUPRT.com)



### NATIONAL HOTLINES

#### Sexual Assault

Safe Helpline  
877-995-5247  
[www.SafeHelpline.org](http://www.SafeHelpline.org)

#### Child Abuse

800-4-A-CHILD (422-4453)  
[www.childhelp.org](http://www.childhelp.org)

#### Domestic Violence

800-799-SAFE (7233)  
[www.thehotline.org](http://www.thehotline.org)

#### Suicide Prevention Lifeline

1-800-273-TALK (8255)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

### READY COAST GUARD

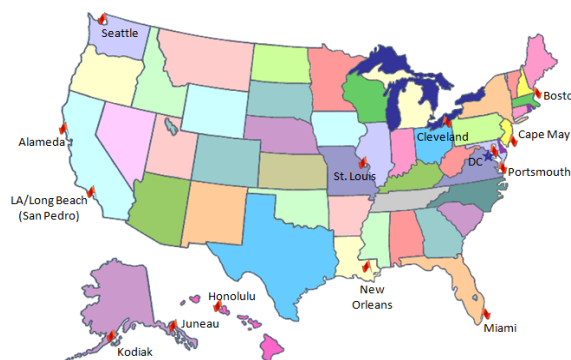
[www.ready.gov](http://www.ready.gov)

Information, checklists, and printable forms to prepare for emergencies, including natural disasters and potential terrorist attacks.



To contact the Work-Life staff nearest you call toll free 1-800-USCG WLS (872-4957) and enter the appropriate extension listed below:

Alameda	(252)
Boston	(301)
Cape May	(629)
Cleveland	(309)
Honolulu	(314)
Juneau/Ketchikan	(317)
Kodiak	(563)
Miami	(307)
New Orleans	(308)
Portsmouth	(305)
LA/Long Beach (San Pedro)	(311)
Seattle	(313)
St. Louis	(302)
Washington DC	(932)



### Local Offices

#### HSWL Regional Practice for D11 AOR

**Base Alameda—North Office**

Training Center Petaluma

**Base LA/Long Beach—South Office**

Sector San Diego

## U.S. COAST GUARD



*Providing timely work-life guidance and information to Coast Guard commands, employees, and family members to strike a reasonable balance between the needs of the Coast Guard and the needs of our members and their families.*



## Work-Life Balance



The Coast Guard recognizes that **Work-Life balance** is critical to individual and organizational success. **Work-Life Programs** provide resources for the entire Coast Guard family.

Service delivery of Work-Life Programs is accomplished by Work-Life Staff assigned to Health, Safety, and Work-Life Regional Practices (HSWL RP) Coast Guard wide.

These Work-Life specialists administer their respective programs per Commandant (CG-111) and HSWL Service Center directives. They coordinate a myriad of program elements as specified by these directives, including training, mandatory reporting, marketing, measuring and evaluation, networking with local care providers, education and outreach.

Whether preparing for deployment, PCS move, or an emergency event, in times of stress or joy, your work-life staff is committed to bringing you together with the highest quality information, resources, and services.

## Health Promotion Programs

### Health Promotion

- Health risk assessments
- Health & fitness training
- Stress management
- Tobacco cessation
- Nutrition counseling
- Weight management
- Healthy lifestyle training



### Substance Abuse Prevention

- Substance misuse and abuse prevention
- Screening, education & treatment for Active Duty CG members

## Individual & Family Support Programs

### Family Advocacy

- Family and intimate partner violence crisis intervention
- Family violence crisis case management
- Victim advocacy for family violence crisis
- Offender education and treatment
- Family violence prevention training

### Special Needs

- Assistance and resources for family members with special needs
- Guidance for Active Duty CG members on program requirements and enrollment responsibilities

### Sexual Assault Prevention

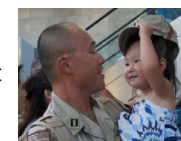
- Prevention and awareness training
- Resources and referral
- Victim and witness support

## Employee Assistance

- Suicide awareness & prevention
- Workplace violence & threatening behavior prevention and intervention
- Critical Incident Stress Management (CISM)
- Victim advocacy for sexual assault

## Family Support Services

- Personal financial resources
- School liaison and scholarship assistance
- Adoption reimbursement
- Support during Deployments
- Elder care resources



## Transition & Relocation

- Job search and career planning
- Retirement/transition seminars
- Separation travel and transportation information
- Career & personality assessment
- Resume writing assistance
- Spousal employment assistance
- Relocation resources

## Ombudsman

- Training, resources, and assistance for Ombudsmen and commands
- Family Readiness

## Childcare

- Center-based child care
- Housing-based child care
- Resource and referral

